



COUN 516.51E: BASIC COUNSELING SKILLS

Course Syllabus:

Spring 2024

January 29th – May 10th - 2024

Mondays 7:20 pm to 10:10 pm

CHEC Collin Higher Education Center

INSTRUCTOR INFORMATION

Instructor: Rusty Fox, Ph.D., Assistant Professor and Coordinator of Human Services,
Department of Counseling, Texas A&M University-Commerce

Office Location: Commerce, Binnion 221 and Online

Office Hours: MW 11:30a – 2:30p and by appointment

University Email Address: Rusty.Fox@tamuc.edu

Preferred Form of Communication: Email

Communication Response Time: Usually 24-36 hours, Monday – Friday

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Required Textbook

Young, M. E. (2021). *Learning the art of helping: Building blocks and techniques*. (7th ed.).
Upper Saddle River, NJ: Pearson.

Required Supplemental Readings

American Counseling Association. (2014). *ACA Codes of Ethics*. Alexandria, VA: Author.
Retrieved from https://www.counseling.org/docs/default-source/default-document-library/2014-code-of-ethics-finaladdress.pdf?sfvrsn=96b532c_2

Buser, T.J., Buser, J.K., Peterson, C.H., & Seraydarian, D.G. (2012). Influence of mindfulness practice on counseling skills development. *The Journal of Counselor Preparation and Supervision*, 4, 20-36. Retrieved from <https://repository.wcsu.edu/jcps/vol4/iss1/2>

Dye, L., Burke, M. G., Wolf, C. (2020). Teaching mindfulness for the self-care and well-being of counselors-in-training. *Journal of Creativity in Mental Health*, 15(2), 140-153.
<https://doi-org.proxy.tamuc.edu/10.1080/15401383.2019.1642171>

Haberstroh, S., Duffey, T., Evans, M., Gee, R., & Trepal, H. (2007). The experience of online counseling. *Journal of Mental Health Counseling*, 29, 269–282.
<https://doi.org/10.17744/mehc.29.3.j344651261w357v2>

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Haberstroh, S., Parr, G., Bradley, L., Morgan-Fleming, B., & Gee, R. (2008). Facilitating online counseling: Perspectives from counselors in training. *Journal of Counseling & Development, 86*, 460–470. <https://doi.org/10.1002/j.1556-6678.2008.tb00534.x>

Shaw, H. E., & Shaw, S. F. (2006). Critical ethical issues in online counseling: Assessing current practices with an ethical intent checklist. *Journal of Counseling & Development, 84*, 41–53. <https://doi.org/10.1002/j.1556-6678.2006.tb00378.x>

Practicum and Internship Handbook

<http://www.tamuc.edu/academics/colleges/educationHumanServices/counseling/Forms.aspx>

Handbook for Master’s Counseling Program

<http://www.tamuc.edu/academics/colleges/educationHumanServices/counseling/Forms.aspx>

**Other readings as assigned (see required supplemental readings below)

COURSE DESCRIPTION

Catalog Description of the Course

516. *Basic Skills*. Three semester hours.

Provides the foundation for all practicum and internship experiences. Students learn communication and interpersonal skills under faculty supervision. Demonstration of these skills is a prerequisite for enrollment in practicum (COUN 551). Students will examine their intrapersonal issues and interpersonal styles and will follow ACA Ethical Standards.

Prerequisites: Application form returned to department several months before actual enrollment in this course (check department for availability and due dates), COUN 501, 510, and completion of or current enrollment in COUN 528.

General Course Information

The purpose of Pre-Practicum is to provide continued acquisition of counseling skills. Supervised application of a number of interviewing skills is the primary focus. Students can expect to examine their intrapersonal issues and concerns. They should be able to demonstrate the ability to express and understand their own personal dynamics and development, including strengths, sensitivities, defenses and limitations. A grade of “B” or higher must be earned in COUN 501, 510, 528, and 516 for admission to candidacy status (or its equivalent for those seeking school counselor certification only). Completion of these requirements is mandatory before enrollment in practicum (COUN 551).

Personal Counseling Requirements

All students are required to participate as a client in personal counseling (see Student Handbook).

- For students admitted to the program before Fall 2017, 6 personal counseling sessions must be completed prior to enrollment in COUN 551: Practicum.

- For students admitted in FALL 2017 or later, 10 personal counseling sessions must be completed as a requirement in **the 516 course**. Failure to do so may result in a grade of “F” Failure or “X” Incomplete.

The personal counseling requirement may be completed at no cost to the student at one of the department-operated clinics (CHEC, Mesquite). Students may, at their own expense, complete this requirement with a counselor not associated with A&M-Commerce. Evidence of completion of this requirement is achieved by providing a signed letter from the counselor, preferably on letterhead, stating simply that the student has completed the required number of sessions.

Student Learning Outcomes

2016 CACREP Standards Addressed in COUN 516

Core Standard	Learning Activity	Assignment	Assessment Rubric	Benchmark
2.F.1.k. strategies for personal and professional self-evaluation and implications for practice	<ul style="list-style-type: none"> • Lecture (Week 12) • Readings (Young, 2021 [Chapter 12]) • Class Discussion (week 12) 	1. Taping Role Play & Analysis 2. Reflection Paper	1. Taping Role-Play & Session Analysis Rubric, 2. Course Reflection Paper Rubric	1. $\geq 80\%$ of average rubric scores with either meet (2) or exceed (3) expectation 2. $\geq 80\%$ of average rubric scores with either meet (2) or exceed (3) expectation
2.F.1.i. self-care strategies appropriate to the counselor role	<ul style="list-style-type: none"> • Lecture (Week 12) • Readings (Dye, Burke, & Wolf, 2020; Buser, Buser, Peterson, & Seraydarian, 2012) • Class Discussion (week 12) 	1. Reflection Paper	1. Course Reflection Paper Rubric	1. $\geq 80\%$ of average rubric scores with either meet (2) or exceed (3) expectation
2.F.5.d. ethical and culturally relevant strategies for establishing and maintaining in-person and technology-assisted relationships	<ul style="list-style-type: none"> • Lecture (Week 3) • Readings (Young, 2021[Chapter 2]); ACA Code of Ethics, 2014; NBCC Policy Regarding Practice of Distance Counseling) • Class Discussion (week 3) 	1. Taping Role Play & Analysis	1. Taping Role-Play & Session Analysis Rubric	1. $\geq 80\%$ of average rubric scores with either meet (2) or exceed (3) expectation



2.F.5.e. the impact of technology on the counseling process	<ul style="list-style-type: none"> Lecture (Week 2) Readings (Haberstroh, Duffey, Evans, Gee, & Trepal, 2007; Haberstroh, Parr, Bradley, Morgan-Fleming, & Gee, 2008; Shaw & Shaw, 2006) Class Discussion (week 2) 	1. Reflection Paper	1. Course Reflection Paper Rubric	1. ≥80% of average rubric scores with either meet (2) or exceed (3) expectation
2.F.5.f. counselor characteristics and behaviors that influence the counseling process	<ul style="list-style-type: none"> Lecture (Week 2) Readings (Young, 2021[Chapter 1]) Class Discussion (week 2) 	1. Taping Role Play & Analysis	1. Taping Role-Play & Session Analysis Rubric,	1. ≥80% of average rubric scores with either meet (2) or exceed (3) expectation
2.F.5.g. essential interviewing, counseling, and case conceptualization skills	<ul style="list-style-type: none"> Lecture (Week 11) Readings (Young, 2021 [Chapter 9]) Class Discussion (week 11) 	1. Taping Role Play & Analysis	1. Taping Role-Play & Session Analysis Rubric,	1. ≥80% of average rubric scores with either meet (2) or exceed (3) expectation

Content Areas include, but are not limited to, the following:

- I. ACA ethical standards and the counseling relationship
- II. Process and communications skills
 - A. Attending behavior
 - B. Open-ended and closed-ended questions
 - C. Reflecting, paraphrasing, summarizing
 - D. Differentiation between cognitive and affective messages
 - E. Immediacy, self-disclosure, confrontation
- III. Relationship Skills
 - A. Additive empathy
 - B. Positive regard
 - C. Genuineness
 - D. Concreteness
- IV. Personalization Skills
 - A. Self-awareness
 - B. Boundary issues
- V. Interpersonal skills
 - A. Developing a collaborative relationship
 - B. Identifying and responding to resistance
 - C. Developing an internal focus with the client

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- D. Identifying and responding to conflicted emotions
- E. Conceptualizing client dynamics

COURSE REQUIREMENTS

Minimal Technical Skills Needed

In this class, you will utilize the Learning Management System (LMS) entitled D2L for portions of instructional and learning methods and submitting assignments. You will need to utilize other technologies such as Microsoft Word, PowerPoint, etc. If you have issues with this system, it is your responsibility to contact the help desk immediately.

Instructional Methods

This course consists of lecture and didactic learning methods, small group discussions, and in-class assignments, videotaping and reviewing, coupled with experiential learning and practical application. Self-reflection, self-evaluation, and offering and receiving feedback are also important instructional methods in this course. In addition to this, small lecture, discussion, activities, and workshops may be utilized during this course.

Client Role

You will be in a client role and in a counselor role in different role-plays and activities in this course. These roles are essential and mandatory to your learning, demonstration, and assessment of basic counseling skills. If you are not prepared to engage in these roles, you are recommended to drop this course, as it will negatively influence your grade. What you share in these role-plays (or real-plays) is entirely up to you and your comfort level. As such, all students are held to the highest privacy and confidentiality standards and must abide by the current ACA code of ethics. You have the right and personal responsibility to share only as deeply as you want. At the same time, if you find yourself not wishing to engage in these exercises, you may prefer to drop the course.

Confidentiality and Ethics

In this course, you are entering an experience that involves a fair amount of role-playing and practice interviewing. Naturally, in the course of discussion, it is possible for a student colleague to say something personally important and confidential. It is your duty to maintain confidentiality. Confidentiality is extremely important to the integrity of this course, enrolling in this course carries with it the responsibility to maintain confidentiality. Confidentiality cannot be guaranteed in any situation, but we are collectively accountable to maintain a safe, trusting environment throughout the course including experiential activities, and in-class conversations. While it can be compelling to share personal information about class members with others, all students are bound by the ACA ethical code of confidentiality with respect to any material shared by other members of the class. The disclosure of personal information to anyone outside this class would be considered unethical and you will face consequences for disclosing it to non-class members. Please explore any concerns you have about confidentiality during class time, after class, or via private communication with the instructor.

When students demonstrate personal limitations that might impede future performance, or consciously violate ethical standards, and are ineffective and harmful to clients, then these students will not receive the instructor's endorsement to continue with the program. (ACA Ethical Standards)

Personal Counseling Requirements

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Student Responsibilities or Tips for Success in the Course

As a student in this course, you are responsible for the active learning process. Expectations of this course include the following:

1. You must be present, and actively participating in class. During face-to-face classes, you are expected to actively participate in all activities and discussions. In any online format, you are expected to participate with cameras on/in a non-distracted environment in all online discussions/activities. This is crucial to your learning.
2. You are expected to display and model professionalism at all times. Demonstrating respect for your peers and professor is key. Being open to feedback is essential as well, as you will receive this throughout the program.
3. Prepare for classes. Complete all readings before class time.
4. Complete all assignments by the deadline.
5. Adhere to the university student code of conduct.
6. All writing assignments must be done according to APA 7th edition.
7. Regularly check your University email. My suggestion is to check it at least once a day as your instructors and others from the department and University may contact you.
8. Begin your readings ASAP. Sometimes it may take more than one attempt to digest the material.
9. Deadlines are the last possible moment something is due—not the first moment to start. Work ahead. I realize this may not always be possible; however, when you can do so.
10. Be open to the process. Earning this degree requires time, work, effort, and growth.

Assignments/Assessments

****Note.** Assignments may need to be submitted in D2L and as specified. Please attend to the assignment instructions as highlighted and thus also follow assignment submission parameters *specifically as noted!*

1. Class Participation & Attendance (30 points)

Due to the nature of this class, attendance and participation are essential. Participation is credited to all activities related to this course. Please be aware that being consistently late to class can also constitute an absence, particularly when a pattern of lateness emerges without justification. Students will demonstrate knowledge and understanding of key concepts through class discussions and in-class activities. Regular attendance, arriving to class on time, and reading the materials before class are expected. You are encouraged to actively participate in all class activities. Do not expect/rely on class lectures for your learning. Successful completion of this class depends on you to being an active and critical thinker. You must share your thoughts respectfully; engage with the material honestly and openly; and participate in role-playing and skills practice both inside and outside of class. This course is the foundational course for facilitating your counseling skills; thus, attending, participating, and experiential learning within and outside of the classroom are crucial. You will have many opportunities to contribute to the total learning experience through attendance, discussion, and assigned activities.

The following criteria will be used to determine participation & attendance points:

Class Participation & Attendance Rubric

3 – <i>Exceeds Expectations</i> (27 – 30 points)	Proactive participation: leading, originating, informing, challenging contributions that reflect in-depth study, thought, and analysis of the topic under consideration. This does not mean dominating discussion or self-disclosure inappropriate to the circumstances. No more than one absence/no evident pattern of lateness
2 – <i>Meets Expectations</i> (24 – 26 points)	Reactive participation: supportive, follow-up contributions that are relevant and of value, but rely on the leadership and study of others, or reflect opinion/personal self-disclosure rather than study, contemplation, synthesis, and evaluation. Two or less absences/no evident pattern of lateness. Student attended another department equivalent class to meet supervision requirement due to excused absence.
1 – <i>Does Not Meet Expectations</i> (0 – 25 points)	Passive participation: present, awake, alert, attentive, but not actively involved or invested; Or Uninvolved: absent, present but not attentive, sleeping, texting/surfing, irrelevant contributions. More than two absences/pattern of lateness evident

2. **Role-Play & Session Analysis (3 tapes & 3 analyses; 60 total points; 20 points each).** Each student is required to participate in a long-term counselor-client role-play practice relationship, both as counselor and as client, outside of class time.

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Students are expected to meet weekly (outside of class time) to practice their counseling skills with each other and video record the sessions. From these weekly sessions, students are to submit three (3) video-recorded counseling sessions (minimum 30 minutes in length) along with a session analysis for each, which will include identification of the specific skills used and reflection on the use of those skills. Include reflective comments not only on growth areas but also on strengths.

Counseling skills learned throughout this course will consist of attending and exploring skills, understanding skills, action skills, and professionalism skills, all of which will be practiced throughout this course, with the goal of them being evidenced in your role-play tapes and session analyses.

Each session analysis will consist of you reflecting on your personal experience as the counselor, how you as the counselor impact your client, and the skills used in the session. Note that each session analysis must correspond to the particular video submitted. See **Appendix A** for an outline of session analysis. The assignment must adhere to the APA 7th edition standards, utilize headings provided in the outline (see Appendix A), be a minimum of three (3) pages—with a maximum of five (5) pages in length (double-spaced, excluding title page), and include a title page. See the Rubric below for grading details.

Please note the following:

- Each of the three (3) sessions should begin with confidentiality. In each role-play you must review confidentiality at the beginning of the session.
- Students are required to provide their own recording of the session. (e.g. digital recording device to complete these tapes)
- Depending on class size, there may be three (3) people to a group—one as counselor, one as client, and one as observer (rotating). If used, the observer is to provide objective feedback to the others.
- Please turn in your session analysis in D2L, and also bring to class your USB drive and a copy of the session analysis as a package placed in an envelope with your first and last name on the envelope on the assignment due date.

Taping Role-Play & Session Analysis Rubric

	1 – Does Not Meet Expectations (0 –3.5 points)	2 – Meets Expectations (3.6 – 4.5 points)	3 – Exceeds Expectations (4.5 - 5 points)
Demonstrated Basic Counseling Skills in Video (5 points)	Skills demonstrated were not developmentally appropriate; inconsistent with skills learned in class; or no evidence of skills were used	Skills demonstrated were developmentally appropriate; however, may have lacked consistency throughout the session; consistent with skills learned in	Skills demonstrated were developmentally appropriate and were implemented consistently throughout the session; consistent with skills learned in

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	and confidentiality was not addressed	class; confidentiality was addressed	class; confidentiality was addressed
The Counseling Content (10 points)	A summary of what occurred in session with absent or more than half incomplete; client goals and counselor goals not address; does not meet standards of graduate level coursework	A summary of the session as well as client and counselor goals were evident, but excluded one or two key considerations; meets standards of graduate level coursework	A thorough, yet concise summary of the session as well as client and counselor goals were evident with no missing evidence; meets standards of graduate level coursework
The Counseling Process (10 points)	The counseling process was not described, inaccurate, or was only tangentially mentioned; does not meet standards of graduate level coursework	The counseling process was described accurately (including ethical and culturally relevant strategies used to establish and maintain therapeutic relationship), but excluded one or two key considerations; meets standards of graduate level coursework	The counseling process was thoroughly and accurately described (including ethical and culturally relevant strategies used to establish and maintain therapeutic relationship); paper meets standards of graduate level coursework
Session analysis (10 points)	Areas identified in Appendix A under the heading of “Analysis of Counseling Session (Subjective Impressions)” were missing or highly; processes/factors mentioned were only tangentially related; does not meet standards of graduate level coursework	Areas identified in Appendix A under the heading of “Analysis of Counseling Session (Subjective Impressions)” were sufficiently addressed (e.g., personal and professional self-evaluation and counselor factors influencing counseling process), but excluded one or two key considerations; meets standards of graduate level coursework	All areas identified in Appendix A under the heading of “Analysis of Counseling Session (Subjective Impressions)” were thoroughly addressed (e.g., personal and professional self-evaluation and counselor factors influencing counseling process); meets standards of graduate level coursework
APA Format (10 points)	Information provided appears disorganized/disjointed; incomplete sentences were	Information provided appears organized; few incomplete sentences were evident; writing was	Information provided appears well organized; no incomplete sentences were evident; writing

	evident; writing was not professional, nor did it align with APA 7 th edition standards; writing quality of proposal was inappropriate for graduate level work	professional and fairly aligned with APA 7 th edition standards; writing quality of proposal was appropriate for graduate level work	was professional and aligned with APA 7 th edition standards; writing quality of proposal was appropriate for graduate level work
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3. Course Reflection Paper (10 points):

In an 8-10 page paper, reflect on your experiences in this course. Discuss what you have learned in the course as well as what you have learned about yourself. Think about your personal and professional growth during this course. Reflect on your experience in the course as a client (and observed, when appropriate). Consider where you were at the beginning of the semester versus where you are now at the end of the semester. Think about your strengths and growth areas and discuss what those are in regard to basic counseling skills and counselor characteristics. See Rubric below for evaluation criteria. See Appendix B for guiding questions pertaining to the reflection paper.

Course Reflection Paper Rubric

	1 – Does Not Meet Expectations (0 – 11.9 points)	2 – Meets Expectations (12 – 13.4 points)	3 – Exceeds Expectations (13.5 - 15 points)
Course reflection/ Self-awareness (15 points)	Course Reflection does not align or only tangentially aligns with addressing self-awareness, including personal strengths, personal weaknesses, and self-care. Paper does not meet standards of graduate level coursework	Course reflection mostly aligns with addressing self-awareness, including personal strengths, personal weaknesses, and self-care, but excludes one or two key considerations; area is sufficiently detailed with examples; paper meets standards of graduate level coursework	Course reflection completely aligns with addressing self-awareness, including personal strengths, personal weaknesses, and self-care; area is sufficiently detailed with examples; paper meets standards of graduate level coursework
Course reflection/ Relationship building and counselor characteristics (15 points)	Course reflection does not align or only tangentially aligns addresses relationship building and counselor characteristics. Paper does not meet standards	Course reflection mostly aligns addresses relationship building and counselor characteristics, but excludes one or two	Course reflection completely aligns addresses Relationship building and counselor characteristics; area

	of graduate level coursework	key considerations; area is sufficiently detailed with examples; paper meets standards of graduate level coursework	is sufficiently detailed with examples; paper meets standards of graduate level coursework
Course reflection/ Experience being the Client (15 points)	Course Reflection does not align or only tangentially aligns with addressing experience of being the Client. Paper does not meet standards of graduate level coursework	Course reflection mostly aligns with addressing experience of being the Client, but excludes one or two key considerations; area is sufficiently detailed with examples; paper meets standards of graduate level coursework	Course reflection completely aligns with addressing experience of being the Client; area is sufficiently detailed with examples; paper meets standards of graduate level coursework
Course reflection/The impact of technology in counseling process (15 points)	Course Reflection does not align or only tangentially aligns with addressing the impact of technology in the counseling process. Paper does not meet standards of graduate level coursework	Course reflection mostly aligns with addressing the impact of technology in the counseling process, but excludes one or two key considerations; area is sufficiently detailed with examples; paper meets standards of graduate level coursework	Course reflection completely aligns with addressing the impact of technology in the counseling process; area is sufficiently detailed with examples; paper meets standards of graduate level coursework
APA Format (15 points)	Information provided appears disorganized/disjointed; incomplete sentences were evident; writing was not professional, nor did it align with APA 7 th edition standards; writing quality of proposal was inappropriate for graduate level work	Information provided appears organized; few incomplete sentences were evident; writing was professional and fairly aligned with APA 7 th edition standards; writing quality of proposal was appropriate for graduate level work	Information provided appears well organized; no incomplete sentences were evident; writing was professional and aligned with APA 7 th edition standards; writing quality of proposal was appropriate for graduate level work

4.

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4. Counseling Student Competency Evaluations (CSCE)

The Counseling Program is obligated by professional ethics (see ACA Code of Ethics, 2014) and University procedure to assess students as to their potential for meeting the expectations of *professional practice* in the professional counseling field. The competencies outlined in this document (CSCE) are specific to professional counseling and are in addition to academic requirements. The Counseling Program may suspend from the program any students judged incapable of meeting these expectations. Procedures regarding potential dismissal are outlined in the Program’s Retention/Dismissal Procedure.

The CSCE may be used by any faculty member with any student enrolled in a Counseling course to provide that student with feedback regarding their potential for meeting the expectations of the professional counseling field and the Department. Completion of a CSCE is required in the following courses: COUN 551, COUN 552, COUN 620, and COUN 660 (i.e., Clinical Supervision, Advanced Practicum, Advanced Internship, Advanced Supervision, Advanced Teaching). The course instructor in COUN 516 and COUN 548 may choose to implement the CSCE at his/her discretion. Each use of the CSCE must be placed in the student’s Department file along with any remediation plan developed by the faculty in conference with the student.

The Counseling Program has elected to use the CSCE to monitor student’s progress in *professional practice*. As a requirement in this course, a final CSCE evaluation will be completed by the course instructor, in consultation with the student, to assess your professionalism, general competency, social and emotional maturity, integrity and ethical conduct, and clinical competency. Please note that the instructor of the course may choose to administer the CSCE at different time intervals throughout the semester (e.g., initial, mid) at his/her discretion. The CSCE can yield an overall average composite score or an average subscale score for each domain. The Department utilizes both overall average composite score and average subscale scores to monitor students’ *professional practice*. See rubric below.

Counseling Student Competency Evaluation (CSCE) Rubric

		1- Does Not Meet Expectations	2 - Meets Expectations	3 - Exceed Expectations
Subscale	Professionalism subscale (7-items)	Mean score \geq .63 across Professionalism items	Mean score of .33 to .60 across Professionalism items	Mean score of 0 to .30 across Professionalism items
	General Competency subscale (7-items)	Mean score \geq .63 across General Competency items	Mean score of .33 to .60 across General Competency items	Mean score of 0 to .30 across General Competency items
	Social & Emotional Maturity subscale	Mean score \geq .63 across Social &	Mean score of .33 to .60 across Social &	Mean score of 0 to .30 across Social

(7-items)	Emotional Maturity items	Emotional Maturity items	& Emotional Maturity items
Integrity & Ethical Conduct subscale (6-items)	Mean score \geq .63 across Integrity & Ethical Conduct items	Mean score of .33 to .60 across Integrity & Ethical Conduct items	Mean score of 0 to .30 across Integrity & Ethical Conduct items
Clinical Competency subscale (6-items)	Mean score \geq .63 across Clinical Competency items	Mean score of .33 to .60 across Clinical Competency items	Mean score of 0 to .30 across Clinical Competency items
Overall average score	Mean score \geq .63 across all CSCE items	Mean score of .33 to .60 across all CSCE items	Mean score of 0 to .30 across all CSCE items

GRADING

Final grades in this course will be based on the following scale:

90%-100%	A
80%-89%	B
70%-79%	C
60%-69%	D
< 59%	F

Assignment/Assessment	Point Value
Class Participation & Attendance	30
Personal Reflection Paper	10
Three Taping Role-Plays & Session Analyses (20 points each)	60
CSCE	0

Total points possible = 100 for this course.

Your Final Grade is determined by adding the point values earned from each assignment. These are both point values and percentage of overall grade.

***Assignments are due on the day noted in the syllabus. The Personal Reflection Paper is due in D2L by 11:59PM on the due date. As for the Three Taping Role-Plays & Session Analyses, please turn in the session analysis part of the assignment in D2L by 11:59PM on day noted on the syllabus, and also bring to class your USB drive and a copy of the session analyses as a package placed in an envelope with your first and last name on the envelope on the assignment due date.

TECHNOLOGY REQUIREMENTS

Browser support

D2L is committed to performing key application testing when new browser versions are released. New and updated functionality is also tested against the latest version of supported browsers. However, due to the frequency of some browser releases, D2L cannot guarantee that each browser version will perform as expected. If you encounter any issues with any of the browser versions listed in the tables below, contact D2L Support, who will determine the best course of action for resolution. Reported issues are prioritized by supported browsers and then maintenance browsers.

Supported browsers are the latest or most recent browser versions that are tested against new versions of D2L products. Customers can report problems and receive support for issues. For an optimal experience, D2L recommends using supported browsers with D2L products.

Maintenance browsers are older browser versions that are not tested extensively against new versions of D2L products. Customers can still report problems and receive support for critical issues; however, D2L does not guarantee all issues will be addressed. A maintenance browser becomes officially unsupported after one year.

Note the following:

- Ensure that your browser has JavaScript and Cookies enabled.
- For desktop systems, you must have Adobe Flash Player 10.1 or greater.
- The Brightspace Support features are now optimized for production environments when using the Google Chrome browser, Apple Safari browser, Microsoft Edge browser, Microsoft Internet Explorer browser, and Mozilla Firefox browsers.

Desktop Support

Browser	Supported Browser Version(s)	Maintenance Browser Version(s)
Microsoft® Edge	Latest	N/A
Microsoft® Internet Explorer®	N/A	11
Mozilla® Firefox®	Latest, ESR	N/A
Google® Chrome™	Latest	N/A
Apple® Safari®	Latest	N/A

Tablet and Mobile Support

Device	Operating System	Browser	Supported Browser Version(s)
Android™	Android 4.4+	Chrome	Latest
Apple	iOS®	Safari, Chrome	The current major version of iOS (the latest minor or point release of that major version) and the previous major version of iOS (the latest minor or point release of that major version). For example, as of June 7, 2017, D2L supports iOS 10.3.2 and iOS 9.3.5, but not iOS 10.2.1, 9.0.2, or any other version. Chrome: Latest version for the iOS browser.
Windows	Windows 10	Edge, Chrome, Firefox	Latest of all browsers, and Firefox ESR.

- You will need regular access to a computer with a broadband Internet connection. The minimum computer requirements are:
 - 512 MB of RAM, 1 GB or more preferred
 - Broadband connection required courses are heavily video intensive
 - Video display capable of high-color 16-bit display 1024 x 768 or higher resolution
- **For YouSeeU Sync Meeting sessions 8 Mbps is required.** Additional system requirements found here: <https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements>
- You must have a:
 - Sound card, which is usually integrated into your desktop or laptop computer
 - Speakers or headphones.
 - *For courses utilizing video-conferencing tools and/or an online proctoring solution, a webcam and microphone are required.
- Both versions of Java (32 bit and 64 bit) must be installed and up to date on your machine. At a minimum Java 7, update 51, is required to support the learning management system. The

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most current version of Java can be downloaded at: [JAVA web site](http://www.java.com/en/download/manual.jsp)
<http://www.java.com/en/download/manual.jsp>

- Current anti-virus software must be installed and kept up to date.

Running the browser check will ensure your internet browser is supported.

Pop-ups are allowed.

JavaScript is enabled.

Cookies are enabled.

- You will need some additional free software (plug-ins) for enhanced web browsing. Ensure that you download the free versions of the following software:
 - [Adobe Reader](https://get.adobe.com/reader/) <https://get.adobe.com/reader/>
 - [Adobe Flash Player \(version 17 or later\)](https://get.adobe.com/flashplayer/) <https://get.adobe.com/flashplayer/>
 - [Adobe Shockwave Player](https://get.adobe.com/shockwave/) <https://get.adobe.com/shockwave/>
 - [Apple Quick Time](http://www.apple.com/quicktime/download/) <http://www.apple.com/quicktime/download/>
- At a minimum, you must have Microsoft Office 2013, 2010, 2007 or Open Office. Microsoft Office is the standard office productivity software utilized by faculty, students, and staff. Microsoft Word is the standard word processing software, Microsoft Excel is the standard spreadsheet software, and Microsoft PowerPoint is the standard presentation software. Copying and pasting, along with attaching/uploading documents for assignment submission, will also be required. If you do not have Microsoft Office, you can check with the bookstore to see if they have any student copies.

ACCESS AND NAVIGATION

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.



COMMUNICATION AND SUPPORT

Brightspace Support

Need Help?

Student Support

If you have any questions or are having difficulties with the course material, please contact your Instructor.

Technical Support

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778 or click on the **Live Chat** or click on the words “click here” to submit an issue via email.



System Maintenance

Please note that on the 4th Sunday of each month there will be System Maintenance which means the system will not be available 12 pm-6 am CST.

Interaction with Instructor Statement

Communication with your professors is key to your professional growth. I am here to support and guide you along your academic journey. With that being said, I cannot help you if you do not communicate with me. Please make an appointment if you have any concerns or questions. Because I teach in different locations, email is the best way to reach me. I will attempt to answer all emails within 24-48 hours, Monday-Friday, but at times will need up to 72 hours to do so. When emailing, please use your university email and address me with courtesy and respect.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies

All assignments are due on the day noted in the syllabus. Unless noted otherwise, all assignments that are due in D2L are to be turned in by 11:59PM on the day noted on the syllabus. All assignments that are specified being due in-class are to be turned in by 9:00AM in-class on the day noted on the syllabus. Late assignments, if and when accepted, will have 10% deducted per day late from the final score, and will not be accepted three days after the due date.

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

The syllabus/schedule are subject to change



University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](#).

<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: [Netiquette](#)

<http://www.albion.com/netiquette/corerules.html>

TAMUC Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

Academic Integrity

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

[Graduate Student Academic Dishonesty 13.99.99.R0.10](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/graduate/13.99.99.R0.10GraduateStudentAcademicDishonesty.pdf>

ADA Statement

Students with Disabilities

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this

The syllabus/schedule are subject to change



legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services

Texas A&M University-Commerce

Gee Library- Room 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: studentdisabilityservices@tamuc.edu

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

Nondiscrimination Notice

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

The syllabus/schedule are subject to change

AI use policy as of May 25, 2023

Texas A&M University-Commerce acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

**13.99.99.R0.03 Undergraduate Academic Dishonesty 13.99.99.R0.10
Graduate Student Academic Dishonesty**

FLEXIBLE COURSE OUTLINE / CALENDAR

Spring 2024 Semester: January 29th – May 10th – 2024

The schedule/syllabus are subject to change at the discretion of instructor.

Date	Topic	CACREP Standard(s)	Readings	Assignments
Week 1 2/3	-Introductions -Course Overview		Syllabus	
Week 2 2/10	-Becoming a Reflective Practitioner -What is Helping -Challenges of Learning the Art of Healing -Who can be an effective helper -Nuts and Bolts of Helping -The Stages of the Helping Process: A Road Map -Technology in Counseling *Practice with peer*	2.F.5.f. 2.F.5.e.	-Young (2021) Chapter 1: Helping as a Personal Journey -Haberstroh, Duffey, Evans, Gee, & Trepal (2007) The Experience of Online Counseling -Haberstroh, Parr, Bradley, Morgan-Fleming, & Gee (2008) Facilitating Online Counseling: Perspectives From Counselors in Training -Shaw & Shaw (2006) Critical Ethical Issues in Online Counseling: Assessing Current Practices with an Ethical Intent Checklist	
Week 3 2/17	-The Importance of the Therapeutic Relationship in Creating Change -How Can a Helper Create a Therapeutic Relationship? -Other Factors that Help or Strain the Therapeutic Relationship *Practice with peer*	2.F.5.d.	-Young (2021) Chapter 2: The Therapeutic Relationship -ACA Code of Ethics (2014) https://www.nbcc.org/Assets/Ethics/NBCCPolicyRegardingPracticeofDistanceCounselingBoard.pdf -Young (2021) Chapter 3: The Cultural Climate and the Therapeutic Relationship	

The syllabus/schedule are subject to change



Week 4 2/24	*Practice with peer*			
Week 5 3/2	<ul style="list-style-type: none"> -Listening to a Client's Story -Nonverbal Skills (eye contact, body position, attentive silence, voice tone facial expressions, physical distance, touching and warmth) -Opening Skills (encouragers, questions) <p>*Practice with peer*</p>		-Young (2021) Chapter 4: Invitational Skills	Taping & Role-Play #1 Assignment Due on 3/2
Week 6 3/9	<ul style="list-style-type: none"> -Reasons for Reflecting -Reflecting Content, Thoughts, Feelings, and Meaning -The Skills of Paraphrasing (Content and Thoughts) -Common Problems in Paraphrasing <p>*Practice with peer*</p>		-Young (2021) Chapter 5: Reflecting Skills: Paraphrasing	
Week 7 3/16	****Spring Break****			
Week 8 3/23	*Practice with peer*			
Week 9 3/30	<ul style="list-style-type: none"> -The Importance of Understanding Emotions -The Skill of Reflecting Feelings -How to Reflect Feelings -Common Problems in Reflecting Feelings and their Antidotes <p>*Practice with peer*</p>		<ul style="list-style-type: none"> -Young (2021) Chapter 6: Reflecting Skills: Reflecting Feelings -Young (2021) Chapter 7: Advanced Reflecting Skills: Reflecting Meaning and Summarizing 	Taping & Role-Play #2 Assignment Due on 3/30



Week 10 4/6	-When Should We Use the Challenging Skills -Giving Feedback -Confrontation -Other ways of Challenging *Practice with peer*		-Young (2021) Chapter 8: Challenging Skills	
Week 11 4/13	-Why Assessment? -Two Informal Methods of Assessment (Observation and Questioning) -Conducting an Intake Interview: What to Assess -Categorizing Clients and Their Problems -Goal Setting -Technique of Boiling Down the Problem	2.F.5.g.	-Young (2021) Chapter 9: Assessment and Goal Setting	Taping & Role-Play #3 Assignment Due on 4/13
Week 12 4/20	-Evaluating the Effectiveness of Helping -Basic Outcome Evaluation Methods -Self-Care & Well-being of Counselors	2.F.1.k. 2.F.1.l.	-Young (2021) Chapter 12: Outcome Evaluation and Termination Skills -Dye, Burke, & Wolf (2020) Teaching Mindfulness for the Self-Care and Well-being of Counselors-in-Training - Buser, Buser, Peterson, & Seraydarian (2012) Influence of mindfulness practice on counseling skills development.	Course Reflection Paper Due on 4/20 in D2L by 11:59PM
Week 13 4/27	Individual Student Meetings		Final Paper work (CSCE) completed in- class	
Week 14 5/6	Course Wrap-Up			

***Individual Student Feedback and Course Supervision**

You may make arrangements and schedule individual feedback and course supervision session(s) throughout the semester, not necessarily only after feedback discussions and/or on Week 13.

The syllabus/schedule are subject to change

Appendix A

The Client (First session only)

- Background information (demographics)
Use a PSEUDONYM for your client and do not write identifying info.

The Counseling Content (What actually happened?)

- A brief summary of the session
- Client goals and overall counselor goals?

The Counseling Process

- Describe the flow of the session. What influenced stuck sections?
What shifts in the session occurred and how did they occur?
- Ethical and Culturally relevant strategies used to establish and maintain therapeutic relationship (**CACREP standard 2.F.5.d.**)

Analysis of Counseling Session (Subjective Impressions)

- Quality of relationship
- Counselor Characteristics influencing the counseling process (**CACREP standard 2.F.5.f.**)
- Client factors (e.g., fatigue, nervousness, reluctance)
- External factors (e.g., distractions, room factors, noise)
- Cultural factors (e.g., similarities and differences, values)
- Value-laden, role, or ethical conflicts you experienced
- What were you experiencing as the counselor? (**CACREP standard 2.F.1.k.**)
- What were your thoughts and feelings about being counselor or about how things were between you and your client? (**CACREP standard 2.F.1.k.**)
- How did your experiences and reactions possibly influence your responses? (**CACREP standard 2.F.1.k.**)
- What do you think the client was experiencing? (**CACREP standard 2.F.1.k.**)
- What might be going on that was left unspoken? What might you tell a clinical supervisor when asked what you might not have addressed with your client?
- Two of your strengths during this session
- Two of your challenges during this session
- Reflection: A brief reflection on what it was like to conduct this counseling session
- What hypotheses can you develop about what was occurring for your client?

Appendix B

1. Discussion of self-awareness in personal and professional growth. **(CACREP standard 2.F.1.k.)**
 - a. Where you began to where you are now- personally and professionally
 - b. What did you discover about yourself personally- including personal barriers to being an effective counselor?
 - c. What self-care strategies did you implement this semester? What self-care strategies will you implement in the future? **(CACREP standard 2.F.1.i.)**
2. Counseling skills areas of strength – discuss specific skills **(CACREP standard 2.F.1.k.)**
3. Counseling skills areas needing growth – discuss specific skills **(CACREP standard 2.F.1.k.)**
4. Discuss how effective you believe yourself to be or not be overall in all areas addressed within this course. Especially, address how effective you feel you are (or are not) in developing effective relationship building with your clients this semester.
5. Conclusion/summary of your application of counselor characteristics
6. What was the experience of being a client like for you overall? Were there significant things that occurred that might influence you in how you counsel?
7. Did you learn anything else from watching yourself as client?
8. What did the counselor do that was helpful, and what was done that seemed not helpful?
9. Discuss how technology impacted you're the counseling process in your sessions? **(CACREP standard 2.F.5.e.)**
10. What would you have liked more of or preferred differently than what occurred?
11. Assignment must adhere to APA 7th edition style guide standard